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Global impact of high BP

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Why is in news? WHO releases report on global impact of high BP

Approximately **four of every five people with hypertension** are not adequately treated, but if countries can scale up coverage, **76 million deaths could be averted between 2023 and 2050**, the World Health Organization (WHO) said in its first-ever report on the global impact of high blood pressure.

Hypertension is the **most important risk factor** for death and disability in India, according to a paper in **The Lancet**, regional health (Southeast Asia), published late last year.

It adds that **less than one-fourth of hypertensive patients** in India had their blood pressure under control during 2016-2020. Though this rate has improved from the previous years' figures, substantial differences exist across regions.

The Lancet paper says the **2019 -20, National Family Health Survey (NFHS-5) reported** a hypertension prevalence of 24% in men and 21% among women, an increase from 19% and 17%, respectively, from the previous round (2015-16).

The **India Hypertension Control Initiative**, a large-scale hypertension intervention under the National Health Mission, has been recognised for its positive work done within the primary healthcare system.

The WHO report states that hypertension **affects one in three adults worldwide**.

This common, deadly condition leads to stroke, heart attack, heart failure, kidney damage and many other health problems.

The number of people living with hypertension (blood pressure of 140/90 mmHg or higher or taking medication for hypertension) doubled between 1990 and 2019, from 650 million to 1.3 billion.

Nearly half the people with hypertension globally are currently unaware of their condition.

More than three-quarters of adults with hypertension live in **low- and middle-income countries**.

Ways to beat:

The world organisation recommended that **lifestyle changes** such as eating a healthier diet, quitting tobacco and being more active can help lower blood pressure. Some people may need medicines.

Prevention, **early detection and effective management** of hypertension are among the most cost-effective interventions in health care and should be prioritised by countries as part of their national health benefit package offered at a primary care level.

"Hypertension can be controlled **effectively with simple, low-cost medication regimens**, and yet only about one in five people have controlled it," WHO director-general said.

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